

FRUITS & VEGGIES
EAT A RAINBOW



ACTIVITY-PART 1

Objectives

Players will have:

- » Looked at the colors of the fruits and vegetables they have eaten and thought about how they can eat all the colors.

Materials

- » Six Fruit & Vegetable Cards

Instructions (Option one)

1. Take out the cards and think of which fruits and vegetables you have eaten today and yesterday.
2. Pull the colors that you have eaten out of the deck and place them in your right hand. The others will be placed in your left hand.
3. What colors are you missing? What ideas do you have to get the colors that you are missing?

Instructions (Option two)

1. Think about which colors of fruits and vegetables you eat most often and which colors you eat less often.
2. Place the colors that you eat most often in your right hand and those eaten less often in your left hand.
3. Which colors do you eat most of and which do you eat least of? How might you get all the colors of the rainbow?

FRUITS & VEGGIES
EAT A RAINBOW



ACTIVITY-PART 2

Objectives

Players will have:

- » Reviewed fruit and vegetable information in their “My Wellness Journal” and set a personal goal for eating fruits and vegetables.

Materials

- » How Many Fruits and Vegetables page found in “My Wellness Journal”

Instructions

1. Read in your journal (p.112) the information on how many fruits and vegetables are recommended daily.
2. If you have access to the internet, visit: **www.mypyramid.gov** for more information.
3. Set a personal goal for eating fruits and vegetables and write it down in your “My Wellness Journal.” (p.112)
4. Make your goal an achievable challenge.

FRUITS & VEGGIES
EAT A RAINBOW



ACTIVITY-PART 3

Objectives

Players will have:

- » Determined how and when they will take the fruit and vegetable challenge.

Materials

- » “One Week Fruit and Vegetable Log” sheet

Instructions

1. Review the directions listed on the “One Week Fruit and Vegetable Log” sheet.
2. Determine which week you will take the challenge and how you and your coworkers will complete it.
3. The challenge can either be a group or individual competition.

DAIRY FOODS & SUBSTITUTES



ACTIVITY-PART 1

Objectives

Players will have:

- » Identified and compared sources of calcium in dairy foods and dairy substitutes.
- » Assessed their calcium intake.
- » Determined healthy choices for dairy foods and dairy substitutes.

Materials

- » Dairy Foods/Substitutes Cards
- » Intake Sheet found in “My Wellness Journal”
- » DRI Calcium Intake Chart found in “My Wellness Journal”

Instructions

1. Gather into small groups of about 3-5 people. (Large agencies can gather into slightly larger groups.)
2. Think back on what you ate yesterday. Using the activity cards, identify all the dairy or dairy substitute foods you ate. Write these foods down on the intake sheet.
3. Write down the calcium amounts for each of the dairy or dairy substitute foods on your list. Add up all the calcium amounts to determine your total calcium intake for yesterday.
4. Look at the DRI/RDA for calcium for your age group. Is your intake adequate?
5. If your intake is less than recommended, look through the cards again and find sources of calcium that will help you meet the recommended intake.

DAIRY FOODS & SUBSTITUTES



ACTIVITY-PART 2

Objectives

Players will have:

- » Identified and compared sources of saturated fat in dairy foods and dairy substitutes.
- » Assessed their saturated fat intake from dairy foods and dairy substitutes.
- » Determined healthy choices for dairy foods and dairy substitutes.

Materials

- » Dairy Foods/Substitutes Cards
- » Intake Sheet found in “My Wellness Journal”

Instructions

1. For each of the dairy or dairy substitute foods that you listed in Part 1, look up the amount of saturated fat it contains.
2. Write down the saturated fat amount for each of the dairy or dairy substitute foods on your list.
3. Add up all the saturated fat amounts to determine your total saturated fat dairy intake for yesterday.
4. For all the foods you eat in one day, your total saturated fat intake should be less than 20 grams. Is your intake below this?
5. If your saturated fat intake from dairy foods alone is close to or greater than the 20 grams per day, look through the cards again and find healthier choices that will help you lower your saturated fat intake.

WHOLE GRAINS

WHOLE GRAINS PRODUCTS



ACTIVITY

Objectives

Players will have:

- » Identified health benefits of whole grains that are important to them personally.

Materials

- » Powerpoint slides about benefits of whole grains
- » Whole grain benefit cards (from card deck in kit)

Instructions

1. Review powerpoint slides of benefits of whole grains,

————— **OR** —————

At tables or in pairs, invite learners to sort through the 9 benefits of whole grains cards.

2. Identify which benefits you are most interested or concerned about.
3. Write down your selection on a sticky note,

————— **OR** —————

in the large group – hear from a few individuals.



Including **ORANGE** in your diet will help maintain...

- » The risk of some cancers
- » Your immune system
- » Vision health
- » Heart health



APRICOTS NECTARINES
BUTTERNUT SQUASH
ORANGES CANTALOUPE
RUTABAGAS CARROTS
PUMPKIN TANGERINES
PEACHES PERSIMMONS
MANGOES PAPAYAS
SWEET POTATOES PEACHES



Including **RED** in your diet
will help maintain...

- » **The risk of some cancers**
- » **Urinary tract health**
- » **Memory function**
- » **Heart health**



BLOOD ORANGES CRANBERRIES
RED PEPPERS RED ONIONS
POMEGRANATES RED GRAPES
RED PEARS STRAWBERRIES
TOMATOES RED APPLES
WATERMELON RADISHES
CHERRIES RED POTATOES
RED GRAPEFRUIT RASPBERRIES
BEETS RADICCHIO RHUBARB



Including **GREEN** in your diet will help maintain...

- » The risk of some cancers
- » Strong bones and teeth
- » Vision health



BROCCOLI SPINACH KIWIFRUIT
SNOW PEAS BROCCOFLOWER
ARUGULA GREEN GRAPES LEEKS
CELERY LETTUCE ZUCCHINI
CHAYOTA SQUASH GREEN PEPPERS
AVOCADO GREEN PEARS
BRUSSELS SPROUTS HONEYDEW
OKRA ARTICHOKE GREEN BEANS
ASPARAGUS GREEN CABBAGE
GREEN APPLES CUCUMBERS
LIMES CUCUMBERS WATERCRESS
ENDIVE GREEN ONIONS PEAS
CHINESE CABBAGE ENDIVE
SUGAR SNAP PEAS WATERCRESS



Including **YELLOW** in your diet will help maintain...

- » A healthy immune system
- » The risk of some cancers
- » A healthy heart
- » Vision health



YELLOW APPLES GRAPEFRUIT
LEMON YELLOW SUMMER SQUASH
PINEAPPLES YELLOW PEPPERS
CAPE GOOSEBERRIES YELLOW FIGS
YELLOW TOMATOES YELLOW BEETS
YELLOW WINTER SQUASH
SWEET CORN YELLOW PEARS
YELLOW POTATOES YELLOW WATERMELON



Including **PURPLE/BLUE**
in your diet will help maintain...

- » The risk of some cancers
- » Urinary tract health
- » Memory function
- » Healthy aging



ELDERBERRIES PURPLE FIGS
BLUEBERRIES PURPLE GRAPES
PURPLE CABBAGE BLACKBERRIES
PURPLE BELGIAN ENDIVE
PURPLE CARROTS DRIED PLUMS
EGGPLANT PURPLE PEPPERS
RAISINS BLACK CURRANTS
PLUMS PURPLE ASPARAGUS
POTATOES (PURPLE SKINNED)



Including WHITE in your
diet will help maintain...

- » The risk of some cancers
- » Strong bones and teeth
- » Vision health



BANANAS WHITE PEACHES
GINGER KOHLRABI PARSNIPS
POTATOES (WHITE FLESHED)
SHALLOTS CAULIFLOWER
BROWN PEARS TURNIPS
JERUSALEM ARTICHOKE
ONIONS WHITE NECTARINES
MUSHROOMS GARLIC JICAMA



WHOLE GRAIN BENEFITS

Including whole grains in your diet may *reduce gum disease*.



WHOLE GRAIN BENEFITS

Including whole grains in your diet may *reduce gum disease*.

Periodontitis, a gum inflammation that is the major cause of tooth loss in adults, may be reduced by eating 3–4 servings of whole grains daily, according to a 14 year McMaster University Study.



WHOLE GRAIN BENEFITS
Including whole grains in your
diet can *curb colon cancer*.



WHOLE GRAIN BENEFITS

Including whole grains in your diet can *curb colon cancer*.

A Swedish study found that women who ate more than 4½ daily servings of whole grains were one-third less likely to develop colon cancer than those who ate less than 1½ servings of whole grains per day.



WHOLE GRAIN BENEFITS
Including whole grains in your
diet helps to *defeat diabetes*.



WHOLE GRAIN BENEFITS

Including whole grains in your diet helps to *defeat diabetes*.

People who eat the most whole grains, especially high-fiber cereals, are 20%–30% less likely to develop insulin resistance, metabolic syndrome and Type 2 diabetes, according to research from Tufts, Harvard and U. of MN.



WHOLE GRAIN BENEFITS
Including whole grains in your
diet *stops heart disease.*



WHOLE GRAIN BENEFITS

Including whole grains in your diet *stops heart disease.*

Harvard investigators found that men who ate a bowl of whole grain cereal everyday can cut their risk of dying from cardiovascular disease by 20%.



WHOLE GRAIN BENEFITS

Including whole grains in your diet helps *control body weight*.



WHOLE GRAIN BENEFITS

Including whole grains in your diet helps *control body weight*.

Women and men who ate more whole grains consistently gained less weight over an 8–12 year period, in Harvard studies.



WHOLE GRAIN BENEFITS
Including whole grains in your
diet *drops blood pressure.*



WHOLE GRAIN BENEFITS

Including whole grains in your diet *drops blood pressure.*

Eating whole grain oat cereal, such as oatmeal, every day for three months enabled 73% of those with high blood pressure to reduce or eliminate their need for medication, University of Minnesota investigators reported.



WHOLE GRAIN BENEFITS

Including whole grains in
a healthy diet *saves lives.*



WHOLE GRAIN BENEFITS

Including whole grains in a healthy diet *saves lives*.

Older women in Iowa who ate whole grains containing 4.7g of fiber daily were 17% less likely to die of any cause in an 11-year period than were women who ate refined grains, says a University of Minnesota study.



WHOLE GRAIN BENEFITS

A diet including whole grains
benefits children quickly.



WHOLE GRAIN BENEFITS

A diet including whole grains *benefits children quickly.*

Overweight children, age 9–15, spent two weeks on an all-you-can-eat diet of whole grains, vegetables, fruits, and lean protein, while exercising 2.5 hours a day. UCLA researchers reported that the children's cholesterol levels on average dropped by 21% while insulin levels fell 30%.



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

AMERICAN CHEESE

Single Slice
(Processed)

SERVING SIZE - 1 slice (1 oz.)

Calories - 70		% DV
Total fat	5 g	8%
Sat. Fat	3 g	15%
Trans Fat	0 g	
Cholesterol	20 mg	7%
Sodium	270 mg	11%
Total Carbs.	2 g	1%
Dietary fiber	0 g	0%
Sugars	1 g	
Protein	4 g	
Calcium	250 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

SOY CHEESE

SERVING SIZE - 1 slice (0.7 oz.)

Calories - 25		% DV
Total fat	0 g	0%
Sat. Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	180 mg	8%
Total Carbs.	3 g	1%
Dietary fiber	0 g	0%
Sugars	2 g	
Protein	4 g	
Calcium	15 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

CHEESE

Natural shredded,
Mexican four cheese

SERVING SIZE - 1 oz.

Calories - 100		% DV
Total fat	9 g	14%
Sat. Fat	5 g	25%
Trans Fat	0 g	
Cholesterol	25 mg	8%
Sodium	190 mg	8%
Total Carbs.	1 g	0%
Dietary fiber	0 g	0%
Sugars	0 g	
Protein	6 g	
Calcium	200 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

CHEESE

Natural shredded, 2% milk reduced-fat,
Mexican four cheese

SERVING SIZE - 1 oz.

Calories - 80		% DV
Total fat	5 g	8%
Sat. Fat	3.5 g	18%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Sodium	240 mg	10%
Total Carbs.	0.5 g	0%
Dietary fiber	0 g	0%
Sugars	0 g	
Protein	7 g	
Calcium	400 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

QUESO FRESCO

SERVING SIZE - 1 oz.

Calories - 80		% DV
Total fat	6 g	9%
Sat. Fat	4 g	20%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Sodium	220 mg	9%
Total Carbs.	0 g	0%
Dietary fiber	0 g	0%
Sugars	0 g	
Protein	6 g	
Calcium	150 mg	

PHOTO COURTESY OF DAIRY COUNCIL OF CALIFORNIA, 2008



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

CHEESE

Parmesean
(Grated)

SERVING SIZE - 1 teaspoon

Calories - 20		% DV
Total fat	1.5 g	2%
Sat. Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	5 mg	2%
Sodium	85 mg	4%
Total Carbs.	0 g	0%
Dietary fiber	0 g	0%
Sugars	0 g	
Protein	2 g	
Calcium	60 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

CHEESE

Mozzarella, shredded, part-skim

SERVING SIZE - 1 oz.

Calories - 80		% DV
Total fat	6 g	9%
Sat. Fat	3.5 g	18%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Sodium	190 mg	8%
Total Carbs.	1 g	0%
Dietary fiber	0 g	0%
Sugars	0 g	
Protein	7 g	
Calcium	200 mg	

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DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

CREAM CHEESE

Regular
or Soft

SERVING SIZE - 1 tablespoon

Calories - 51		% DV
Total fat	5.1 g	8%
Sat. Fat	3.2 g	16%
Cholesterol	16 mg	5%
Sodium	43 mg	2%
Total Carbs.	0.4 g	0%
Dietary fiber	0 g	0%
Sugars	0 g	
Protein	1.1 g	
Calcium	11.6 mg	
Potassium	17.3 mg	

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DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

CREAM CHEESE (Low-fat)

SERVING SIZE - 1 tablespoon

Calories - 35		% DV
Total fat	2.6 g	4%
Sat. Fat	1.7 g	8%
Cholesterol	8 mg	3%
Sodium	44 mg	2%
Total Carbs.	1.1 g	0%
Dietary fiber	0 g	0%
Sugars	0 g	
Protein	1.6 g	
Calcium	16.8 mg	
Potassium	25.1 mg	

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DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

COTTAGE CHEESE

SERVING SIZE - ½ cup (4 oz.)

Calories - 116		% DV
Total fat	5.1 g	8%
Sat. Fat	3.2 g	16%
Cholesterol	17 mg	6%
Sodium	458 mg	19%
Total Carbs.	3 g	1%
Dietary fiber	0 g	0%
Sugars	0.3 g	
Protein	14.1 g	
Calcium	67.8 mg	
Potassium	94.9 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

COTTAGE CHEESE (Low-fat)

SERVING SIZE - ½ cup (4 oz.)

Calories - 102		% DV
Total fat	2.2 g	3%
Sat. Fat	1.4 g	7%
Cholesterol	9 mg	3%
Sodium	459 mg	19%
Total Carbs.	4.1 g	1%
Dietary fiber	0 g	0%
Sugars	0.4 g	
Protein	15.5 g	
Calcium	78 mg	
Potassium	108.5 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

FRUIT^{AND} YOGURT PARFAIT (McDonalds)

SERVING SIZE - 1 (5.3 oz.)

Calories - 160		% DV
Total fat	2 g	3%
Sat. Fat	1 g	5%
Trans. Fat	0 g	
Cholesterol	5 mg	2%
Sodium	85 mg	4%
Total Carbs.	31 g	10%
Dietary fiber	1 g	4%
Sugars	21 g	
Protein	4 g	
Calcium	150 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

FRUIT FLAVORED YOGURT (Low-fat)

SERVING SIZE - 1 container (6 oz.)

Calories - 173		% DV
Total fat	1.8 g	3%
Sat. Fat	1.2 g	6%
Cholesterol	7 mg	2%
Sodium	99 mg	4%
Total Carbs.	32.4 g	11%
Dietary fiber	0 g	0%
Sugars	32.4 g	
Protein	7.4 g	
Calcium	258.4 mg	
Potassium	331.5 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

PLAIN YOGURT (Whole Milk)

SERVING SIZE - $\frac{3}{4}$ cup (6 oz.)

Calories - 104		% DV
Total fat	5.5 g	9%
Sat. Fat	3.6 g	19%
Cholesterol	22 mg	7%
Sodium	78 mg	4%
Total Carbs.	7.9 g	2%
Dietary fiber	0 g	0%
Sugars	7.9 g	
Protein	5.9 g	
Calcium	206 mg	
Potassium	264 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

PLAIN YOGURT (Fat-free)

SERVING SIZE - $\frac{3}{4}$ cup (6 oz.)

Calories - 95		% DV
Total fat	0.3 g	0%
Sat. Fat	0.2 g	0%
Cholesterol	3 mg	0%
Sodium	131 mg	5%
Total Carbs.	13.1 g	4%
Dietary fiber	0 g	0%
Sugars	13.1 g	
Protein	9.8 g	
Calcium	339 mg	
Potassium	435 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

PLAIN YOGURT (Low-fat)

SERVING SIZE - $\frac{3}{4}$ cup (6 oz.)

Calories - 107		% DV
Total fat	2.6 g	4%
Sat. Fat	1.7 g	9%
Cholesterol	10 mg	3%
Sodium	119 mg	5%
Total Carbs.	12 g	4%
Dietary fiber	0 g	0%
Sugars	12 g	
Protein	8.9 g	
Calcium	312 mg	
Potassium	399 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

PLAIN SOY MILK

SERVING SIZE - 1 cup (8 oz.)

Calories - 100		% DV
Total fat	4 g	6%
Sat. Fat	0.5 g	3%
Cholesterol	0 mg	0%
Sodium	120 mg	5%
Total Carbs.	8 g	3%
Dietary fiber	1 g	4%
Sugars	6 g	
Protein	7 g	
Calcium	300 mg	
Potassium	300 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

CHOCOLATE SOY MILK

SERVING SIZE - 1 cup (8 oz.)

Calories - 140		% DV
Total fat	3.5 g	5%
Sat. Fat	0.5 g	3%
Cholesterol	0 mg	0%
Sodium	100 mg	4%
Total Carbs.	23 g	8%
Dietary fiber	2 g	8%
Sugars	19 g	
Protein	5 g	
Calcium	300 mg	
Potassium	350 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

RICE MILK

Original plain, enriched (shelf table)

SERVING SIZE - 1 cup (8 oz.)

Calories - 120		% DV
Total fat	2.5 g	4%
Sat. Fat	0 g	0%
Trans Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	100 mg	4%
Total Carbs.	24 g	8%
Dietary fiber	0 g	0%
Sugars	11 g	
Protein	1 g	
Calcium	20 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

RICE PUDDING

Prepared with whole milk

SERVING SIZE - 1 cup (8 oz.)

Calories - 301		% DV
Total fat	4.2 g	6%
Sat. Fat	2.3 g	12%
Trans. Fat	0 g	
Cholesterol	12 mg	4%
Sodium	247 mg	10%
Total Carbs.	59 g	20%
Dietary fiber	0.6 g	2%
Sugars	34.8 g	
Protein	6.3 g	
Calcium	150 mg	

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DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

RICE PUDDING

Prepared with low-fat milk

SERVING SIZE - 1 cup (8 oz.)

Calories - 279		% DV
Total fat	1.4 g	2%
Sat. Fat	0.8 g	4%
Trans. Fat	0 g	
Cholesterol	6 mg	2%
Sodium	251 mg	10%
Total Carbs.	60.5 g	20%
Dietary fiber	0.6 g	2%
Sugars	34.9 g	
Protein	6.5 g	
Calcium	160 mg	

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DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

COCONUT MILK

SERVING SIZE - 1 oz.

Calories - 65		% DV
Total fat	6.8 g	10%
Sat. Fat	6 g	30%
Cholesterol	0 mg	0%
Sodium	4 mg	0%
Total Carbs.	1.6 g	1%
Dietary fiber	0.6 g	2%
Sugars	0.9 g	
Protein	0.7 g	
Calcium	4.5 mg	
Potassium	74.7 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

ICE CREAM

All natural, vanilla

SERVING SIZE - ½ cup (4 oz.)

Calories - 140		% DV
Total fat	7 g	11%
Sat. Fat	4.5 g	23%
Cholesterol	40 mg	7%
Sodium	40 mg	2%
Total Carbs.	15 g	5%
Dietary fiber	0 g	
Sugars	15 g	
Protein	3 g	
Calcium	100 mg	

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DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

ICE CREAM

Double churn extra creamy,
fat-free, creamy vanilla

SERVING SIZE - ½ cup (4 oz.)

Calories - 90		% DV
Total fat	0 g	0%
Sat. Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	50 mg	2%
Total Carbs.	21 g	7%
Dietary fiber	3 g	12%
Sugars	12 g	
Protein	3 g	
Calcium	100 mg	

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DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

SOUR CREAM (Regular)

SERVING SIZE - 1 tablespoon

Calories - 26		% DV
Total fat	2.5 g	4%
Sat. Fat	1.6 g	8%
Cholesterol	5 mg	2%
Sodium	6 mg	0%
Total Carbs.	0.5 g	0%
Dietary fiber	0 g	0%
Sugars	0 g	
Protein	0.4 g	
Calcium	13.9 mg	
Potassium	17.3 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

SOUR CREAM (Light)

SERVING SIZE - 1 tablespoon

Calories - 19		% DV
Total fat	1.5 g	2%
Sat. Fat	0.9 g	5%
Cholesterol	5 mg	2%
Sodium	10 mg	0%
Total Carbs.	1 g	0%
Dietary fiber	0 g	0%
Sugars	0 g	
Protein	0.5 g	
Calcium	19.7 mg	
Potassium	29.7 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

LICUADO

SERVING SIZE - 1 cup (8 oz.)

Calories - 220		% DV
Total fat	4 g	
Sat. Fat	2 g	
Cholesterol	15 mg	
Sodium	95 mg	
Total Carbs.	42 g	
Dietary fiber	4 g	
Sugars		
Protein	8 g	
Calcium	250 mg	
Potassium		



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

MOCHA (Starbucks)

White chocolate, whole milk,
no whipped topping

SERVING SIZE - Tall (12 oz.)

Calories - 330		% DV
Total fat	12 g	18%
Sat. Fat	8 g	37%
Trans Fat	0 g	
Cholesterol	25 mg	8%
Sodium	180 mg	8%
Total Carbs.	46 g	15%
Dietary fiber	0 g	0%
Sugars	44 g	
Protein	11 g	
Calcium	395 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

MOCHA (Starbucks)

White chocolate, non-fat milk,
no whipped topping

SERVING SIZE - Tall (12 oz.)

Calories - 270		% DV
Total fat	4.5 g	6%
Sat. Fat	3.5 g	18%
Trans Fat	0 g	
Cholesterol	5 mg	2%
Sodium	190 mg	8%
Total Carbs.	47 g	16%
Dietary fiber	0 g	0%
Sugars	45 g	
Protein	12 g	
Calcium	420 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

MOCHA (Starbucks) FRAPPUCCINO

SERVING SIZE - Tall (12 oz.)

Calories - 280		% DV
Total fat	11 g	16%
Sat. Fat	6 g	32%
Trans Fat	0 g	
Cholesterol	40 mg	12%
Sodium	180 mg	8%
Total Carbs.	43 g	14%
Dietary fiber	0 g	0%
Sugars	36 g	
Protein	5 g	
Calcium	150 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

NONFAT MILK (Skim Milk)

SERVING SIZE - 1 cup (8 oz.)

Calories - 120		% DV
Total fat	0.6 g	1%
Sat. Fat	0.4 g	2%
Cholesterol	5 mg	2%
Sodium	130 mg	5%
Total Carbs.	12.3 g	4%
Dietary fiber	0 g	0%
Sugars	12.3 g	
Protein	8.7 g	
Calcium	316.2 mg	
Potassium	419.1 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

LOWFAT MILK (1%)

SERVING SIZE - 1 cup (8 oz.)

Calories - 120		% DV
Total fat	2.4 g	4%
Sat. Fat	1.5 g	7%
Cholesterol	10 mg	3%
Sodium	127 mg	5%
Total Carbs.	12.2 g	4%
Dietary fiber	0 g	0%
Sugars	12.2 g	
Protein	11 g	
Calcium	350 mg	
Potassium	397 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

REDUCED FAT MILK (2%)

SERVING SIZE - 1 cup (8 oz.)

Calories - 130		% DV
Total fat	4.8 g	7%
Sat. Fat	3.1 g	15%
Cholesterol	20 mg	7%
Sodium	100 mg	4%
Total Carbs.	11.5 g	4%
Dietary fiber	0 g	0%
Sugars	11.5 g	
Protein	10 g	
Calcium	350 mg	
Potassium	367.6 mg	



DAIRY FOODS/SUBSTITUTES

NUTRITION FACTS

WHOLE MILK

SERVING SIZE - 1 cup (8 oz.)

Calories - 160		% DV
Total fat	9 g	15%
Sat. Fat	5.5 g	25%
Cholesterol	24 mg	8%
Sodium	98 mg	4%
Total Carbs.	11 g	4%
Dietary fiber	0 g	0%
Sugars	11 g	
Protein	7.9 g	
Calcium	250 mg	
Potassium	349 mg	